

# COMING to TRAIL - APRIL 13th



**Morning Session 9am -12pm**

## **“Brain Wellness for Caregivers”**

**Gain the secrets of Brain Longevity to give you workable strategies for maintaining quality of life.**

**Find out how to use it, before you lose it!**

**Afternoon Session 12:30 – 3pm**

## **“How to Grow a Child's Brain”**

**Is it possible to grow a child's brain? Definitely YES!**

**Learn how to support children to reach their full potential**

**Please bring a pen and your Brain!**

**\$20.00 Includes Lunch & Refreshments**

**@ the Trail United Church in Trail, 1300 Pine Ave**

**Call the Trail & Castlegar CCRR to Register 250-364-2980 or 1-800-223-8966**